

## FAMILY DISASTER PLAN

### Immediate Evacuation

- ☐ Find all family members (are they all home?)
- ☐ Get disaster preparedness kit and any special items
- ☐ Find your pet(s)
- ☐ Bring cell phone and radio if not in your kit
- ☐ Get important family documents and pictures
- ☐ Get prescription medication for you and your family
- ☐ Remember your family's escape route
- ☐ Find your family meeting place  
1) outside the home, or  
2) outside neighborhood

### Less Immediate

- ☐ Turn off utilities if necessary
- ☐ Leave a note for others if you will not be returning
- ☐ Turn on the radio for reports



California State Assembly

**Norma J. Torres**

Assemblymember, 61st District

*Dear Friends,*

**Fires, floods, mudslides and earthquakes**—at times—have wreaked havoc across California, causing many citizens to lose their homes and even their loved ones. Natural disasters that occur in California are a reality that can happen at any time.

Unfortunately, this is also an era where terrorism is always a concern.

Hence, it is important to be prepared for any disaster so that injuries and loss of life are minimal.

Please take a few minutes to review some of the ways you and your family can be prepared in case there is a disaster. As always, it is a pleasure to be of service to you.

Thank you,

Norma J. Torres

Assemblymember, 61st District

## AFTER A DISASTER

- Make sure it is safe before you return to your home—contact local police, fire departments, or disaster relief agencies for information;
- Register as “Safe and Well” with the American Red Cross, so your family and friends will know your status and can obtain your contact information. Utilize the Red Cross and local services to locate lost loved ones. Visit <http://www.redcross.org/> for more information;
- Contact your insurance provider to make a claim for damaged property; and
- After life has returned to normal, evaluate what happened during this emergency for what worked well and what should be changed or altered when preparing for the next potential disaster.

### For More Information...

**Office of Emergency Services**  
[www.oes.ca.gov](http://www.oes.ca.gov)

**US Department of Homeland Security**  
[www.ready.gov](http://www.ready.gov)

**American Red Cross**  
[www.redcross.org](http://www.redcross.org)

**Centers for Disease Control Public Inquiries**  
<http://emergency.cdc.gov>  
or (800) CDC-INFO (800) 232-4636

**Fire Safety Council**  
[www.firesafecouncil.org](http://www.firesafecouncil.org)



**Norma J. Torres**

Assemblymember, 61st District

#### **District Office:**

822 N. Euclid Avenue, Suite A  
Ontario, CA 91762  
(909) 984-7741  
Fax: (909) 984-6695

#### **Capitol Office:**

State Capitol  
P.O. Box 942849  
Sacramento, CA 94249-0061  
(916) 319-2061  
Fax: (916) 319-2161

#### **E-Mail:**

[Assemblymember.Torres@assembly.ca.gov](mailto:Assemblymember.Torres@assembly.ca.gov)

#### **Website:**

[www.assembly.ca.gov/torres](http://www.assembly.ca.gov/torres)

#### **Assembly Website:**

[www.assembly.ca.gov](http://www.assembly.ca.gov)

# Will **You** Be Prepared?

## WHEN **DISASTER** HITS



BEFORE A DISASTER

THREE IMPORTANT STEPS to take that will help your family prepare in the event of an emergency are: 1) gather information; 2) create a family disaster plan; and 3) get or build a disaster preparedness kit.

1 GATHER INFORMATION

Use the attached tear-off sheet to record “contacts” information.

Gather contact information for individuals, medical providers, fire department, poison control, police, the local office of emergency services, home and medical insurance and more. Other information to gather:

Safety

- Know what types of disasters are common in your area, and plan accordingly; and
- Know CPR—it could save a life.

Insurance

- Check that natural disasters are covered by your policy; and
- Take pictures of your belongings.

Know Where to Get Information

- Know where to listen for announcements from local authorities on TV, local radio or National Oceanic and Atmospheric Administration (NOAA) weather stations or channels.

2 CREATE A FAMILY DISASTER PLAN

Use the attached tear-off sheet to help you develop and remember your disaster plan.

In the event of an emergency, answers to these questions will need to be automatic:

- Where will you meet loved ones if your home is unavailable?
- Who should your children trust if you cannot get to them?
- How will you know where to go should you evacuate?
- What should you bring with you?

Put your answers to these questions into a family disaster plan. Be sure to:

- Teach your children how to call 9-1-1 and who to contact in the event of an emergency; and
- Practice evacuation from your home and the route you will travel to escape the emergency.

Keep the attached tear-off sheet in a visible location or with your disaster preparedness kit to help you remember your plan in the event of an emergency.

3 GET OR BUILD A DISASTER PREPAREDNESS KIT

While natural disasters can be traumatic, the threat of terrorism is also something to consider. For more information on preparing for and responding to specific disasters, as well as acts of terrorism, go to:

www.assembly.ca.gov/torres

Go online for a downloadable “Disaster Preparedness Kit” checklist.

Prepare a kit that you can take should you need to evacuate. Check your kit at scheduled intervals for expired supplies. Your kit should be lightweight (without the food and water), portable and should contain the following:

Non-perishable Food and Water for Three Days

- Store at least one gallon of water per person per day; and
- Store ready-to-eat canned food, staples and high-energy foods.

First Aid Kit

Assemble a kit for your home and one per car. A kit should include: bandages of various sizes; alcohol-based sanitizer or germicidal/antiseptic wipes; non-latex gloves; adhesive tape; anti-bacterial ointment; cold pack; small scissors; tweezers; CPR breathing barrier; and other items specific to your needs.

Tools and Supplies

Disposable plates, cups and utensils; battery operated radio and flashlight with extra batteries; utility knife; matches in a waterproof container; extra cash and coins; feminine products; glasses or contact lenses; maps with evacuation routes clearly marked; and a fire extinguisher.

Clothing and Bedding

One complete change of clothing and footwear per person, along with blankets or sleeping bags.

Special Items

- Keep important documents, such as insurance policies, birth certificates, passports, bank account numbers, prescription information and credit card numbers in a water-proof, locking fire-box or other portable container;
- Some families have special needs for the elderly or young children; and
- Make sure to stock up supplies for your pets.

DURING A DISASTER Keep in a visible location or with your kit.

CONTACTS

Neighbor or relative:

Out of state family contact:

Work phone number(s) and location(s)

School phone number(s) and location(s)

Medical doctor:

Medical insurance: ID #

Local fire dept. phone number:

Local police dept. phone number:

Poison Control:

Home or renters insurance: ID#

Veterinarian

Local office of emergency services:

Family members

Name:	Date of birth:	Social Security:
Name:	Date of birth:	Social Security:
Name:	Date of birth:	Social Security:
Name:	Date of birth:	Social Security:
Name:	Date of birth:	Social Security:
Name:	Date of birth:	Social Security:

Cut here, complete information and keep handy.